

EarlyON Child and Family Centre

Stone Road Mall 2nd Floor
435 Stone Road W. Guelph

519-821-6638 Option 4
earlyon@guelphchc.ca

www.guelphchc.ca/familiesandchildren

 facebook.com/EarlyONGuelph



EarlyON
Program Guide
September-December 2018

We offer free play-based activities for children and their parents and caregivers.



Program and Office Closures

September 3	Labour Day
September 18 <u>All Morning</u>	Professional Development
September 25	Clairfields Playtime
September 27 <u>All Day</u>	Professional Development
October 8	Thanksgiving
October 30	Clairfields Playtime
November 20 <u>All Morning</u>	Professional Development
December 25	Christmas
December 26	Boxing Day

New Service

Parent Support Drop-In

The Stone Road Site is Open from 1-2 pm for Parent Support on **Tues Wed & Thurs**

You can speak to a Registered Early Childhood Educator about sleep, behaviour, or anything else that concerns you.

They can also support referrals to specialized services.

As the Weather Gets Wetter...

remember to remove wet shoes/boots before entering the play area.

Indoor shoes are recommended.

Also recommended: extra clothes and socks - play can get messy and wet !!



Remember to check our website and Facebook page for last minute program cancellations!!

It is better to know how to learn than to know.

Dr. Seuss

Drop-In Programs

More Drop-In Programs on Last Page!

Day	Program	Time	Location
Tuesday	Stone Road Mall Playtime	9:15 am-12:15 pm	Stone Road Mall Site
	Aberfoyle Playtime Start Date Sept 11	9:30 am-11:30 am	Puslinch Community Centre 23 Brock Road South
	Parent Support	1:00 pm-2:00 pm	Stone Road Mall Site
	Infant Afternoons Birth up to 8 months	2:00 pm-4:00 pm	Stone Road Mall Site
	Stone Road Mall Playtime	2:00 pm-4:30 pm	Stone Road Mall Site - half room
Wednesday	Stone Road Mall Playtime	9:15 am-12:15 pm	Stone Road Mall Site
	Parent Support	1:00 pm-2:00 pm	Stone Road Mall Site
	Infant Afternoons 9 months up to 18 months	2:00 pm-4:00 pm	Stone Road Mall Site
	Stone Road Mall Playtime	2:00 pm-4:30 pm	Stone Road Mall Site - half room
Thursday	Stone Road Mall Playtime	9:15 am-12:15 pm	Stone Road Mall Site
	Stroller Walk September 6 - October 4 Cancelled if raining at 9:00 am	10:00 am-11:30 am	Meet at Royal City Park Gazebo
	Parent Support	1:00 pm-2:00 pm	Stone Road Mall Site
	Stone Road Mall Playtime	2:00 pm-7:00 pm	Stone Road Mall Site
Friday	Stone Road Mall Playtime	9:15 am-12:15 pm	Stone Road Mall Site
Saturday	Stone Road Mall Playtime	9:30 am-1:00 pm	Stone Road Mall Site
	Daddy & Me Oct 13 Nov 3 & Dec 1	2:00 pm-3:30 pm	Stone Road Mall Site

Special Programs

Program	Day/Date	Time	Location	Description
Halloween Grandparent Party Birth-6 years	Wednesday October 31	10:00-11:00 am	Stone Rd. Mall Site Half Room	Join us for some Halloween fun with your grandchildren! We'll have some spooky fun, have a scary snack, read stories, and sing songs! No registration required.
Holiday Celebration Birth-6 years	Thursday December 6	4:30-7:00 pm	Stone Rd. Mall Site	Holiday activities, and snack. Older siblings welcome. No registration required.

Eligibility for Programs

Unless otherwise stated children are eligible for all programs up to December 31 of the year they turn 6.

Programs are open to all parents regardless of age. Caregivers must be 18 years or older.

There is a maximum of 5 children per adult for drop-in programs.

Registration Dates

August 14 for September start programs
September 11 for October start programs
October 9 for November start programs
 There are no December start registered programs.

Please plan to attend all classes of the session for which you register.

Registration Information

Registration takes place on the **second Tuesday** of each month. Registrations are accepted for any program that begins in the following month.

To Register

Registrations begin at **9:15am**. Register in person at the **EarlyON Child & Family Centre** Stone Road Site 2nd floor. Or, call 519-821-6638 Option 4.

Remember

Register early as programs fill quickly. Each child may participate only once in each registered program. A child may attend only one registered program per month. A maximum of 3 children per adult for registered programs.

Registered Children's Programs For children to attend with their parents or caregivers

Program	Day & Dates	Time	Location	Description
Infant Massage Birth to pre-crawling	Mondays Oct 1-Oct 29 Nov 5-Nov 26	3:00-4:15 pm	Stone Road Mall Site	Infant Massage connects you deeply with your baby. It helps you to understand your baby and respond with love and respectful listening. You and your child will love the special time together! Please bring a yoga mat or blanket, and a towel.
	Wednesdays Sep 5-Oct 3 Oct 10-Nov 7 Nov 14-Dec 12	1:30-2:45 pm	Guelph Public Library East Side Branch 1 Starwood Drive	
Fire Station Tour 2-6 years	Thursday November 15	10:00 11:00 am	Main Fire Station 50 Wyndham St. S.	Meet firefighters, sit in the trucks, and learn about fire safety. Meet at Wellington St. E. door.
Birthday Books	Fridays Sept 28 Oct 26 Nov 30	1:00-3:00 pm December Birthday Children can attend November party.	Stone Road Mall	A program for children turning 1 through 6 who will celebrate a birthday that month. Special guests read stories, we have a healthy snack and birthday cake. Birthday children may choose a free book.

Registered Parent Support Programs For parents and caregivers. Babies in arms welcome.

Program	Day & Dates	Time/Location	Description
Raising Competent Eaters Series Presented by The Guelph Family Health Team	Wednesdays September Series Sept 12, 19, and 26 November & December Series Nov 28, Dec 5, and 12	2:00-3:30 pm Stone Road Mall Site	First Session: Introduction to Solids Covers safety concerns, myths/facts about intro to solids, foods to meet nutritional needs, strategies for better food acceptance and help in how to raise competent eaters. Second Session: Make Your Own Baby Food Recipe and technique sharing to encourage healthful, less processed foods to maximize nutrition. Third Session: Raise a Healthy Happy Eater Help families and children to enjoy meal-time together while building food acceptance and self regulation skills around food. We will address the topic of selective eaters. Sign up for 1, 2 or all 3 sessions!
Early Years Baby Basics Birth to 4 months	Wednesdays Oct 3-Oct 31 Nov 14-Dec 12	10:00-11:30 am Stone Road Mall Site	Explore your questions and expectations during the first 6 months of parenting. Topics include child development, parenting, attachment, sleep, postpartum mood disorder, and nutrition.
Circle of Security® Attachment and Discipline	Thursdays Oct 11-Nov 29	6:30-8:00 pm Stone Road Mall Site	Explore the question: Why does my child behave this way? Children's behaviour is their way of communicating. Learn different ways to respond and reduce family stress.

Drop-In Programs

Day	Program	Time	Location
Monday	Brant Playtime	9:30 am-11:30 am	Brant Ave. Public School, 64 Brant Ave. Portable
Tuesday	Downtown Playtime	9:15 am-11:30 am	Guelph CHC 176 Wyndham St. N. lower level
	Grange Hill Playtime	9:30 am-11:30 am	Ken Danby Public School, 525 Grange Road, Community Room
	Clairfields Playtime	9:30 am-11:30 am	St. Paul Catholic School, 182 Clairfields Dr. E. Community Room
Wednesday	Two Rivers Playtime	9:30 am-11:30 am	Sacred Heart Church Hall, 98 Alice St. Huron St. Door
	Westwood Playtime	9:30 am-11:30 am	Three Willows United Church, 577 Willow Rd.
	WE Breastfeed Café	1:00 pm-2:30 pm	Guelph CHC 176 Wyndham St. N. lower level
Thursday	Brant & Waverley Playtime	9:30 am-11:30 am	New Life Church, 400 Victoria Rd. N.
	Parkwood Gardens Playtime	9:30 am-11:30 am	Parkwood Gardens Church, 501 Whitelaw Rd.
Friday	Downtown Playtime	9:15 am-11:30 am	Guelph CHC 176 Wyndham St. N. lower level

Guelph CHC's Post Partum Mood Disorder Support Group

Thursdays

10:00-11:30 am

EarlyON Child and Family Centre
Stone Road Mall Site
2nd floor

If you are experiencing symptoms of Post Partum Mood Disorder see your primary care provider to be referred to this program.



Wellington-Dufferin-Guelph Public Health
At EarlyON Child and Family Centre
Stone Road Mall Site 2nd floor

Breastfeeding Clinics Public health nurses are available to support and guide you on your breastfeeding journey. They can help you get started, guide you through challenges, and support you to meet your infant feeding goals. Drop in any time between 1:00 – 3:30 pm. Tuesdays and Thursdays-no appointment needed. For more information, go to www.wdgppublichealth.ca or call 1-800-265-7293 ext. 3616.

In-Person Prenatal Series This program consists of three evening sessions led by a Registered Nurse. Participants learn information and strategies to help prepare for labour & birth, breastfeeding, and early parenting. For more information or to register, go to www.wdgppublichealth.ca or call 1-800-265-7293 ext. 3616. An online prenatal program is also available.

There is a maximum number of people who can be registered for each series. Register early with WDGPH to reserve a spot. If registration numbers are low one week before the start of a series, the series may be cancelled.



www.growinggreatgenerations.ca We believe that all parents and caregivers should have access to programs and resources that support the important role that they play in their child's health and wellbeing. Find information about programs and resources related to the early years, child development, children with disabilities and special needs, parenting and other community supports.

We gratefully acknowledge the support of our Partners and Funders.



We welcome your feedback
earlyon@guelphchc.ca
or 519-821-6638 Option 4
or in person



Remember we are peanut-free and scent-free!

Look for our January-March 2019 Program Guide the first week of December

Interested in Volunteering?
Come speak to us!